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Food Gifts at Christmas

Extension Service South Dakota State College

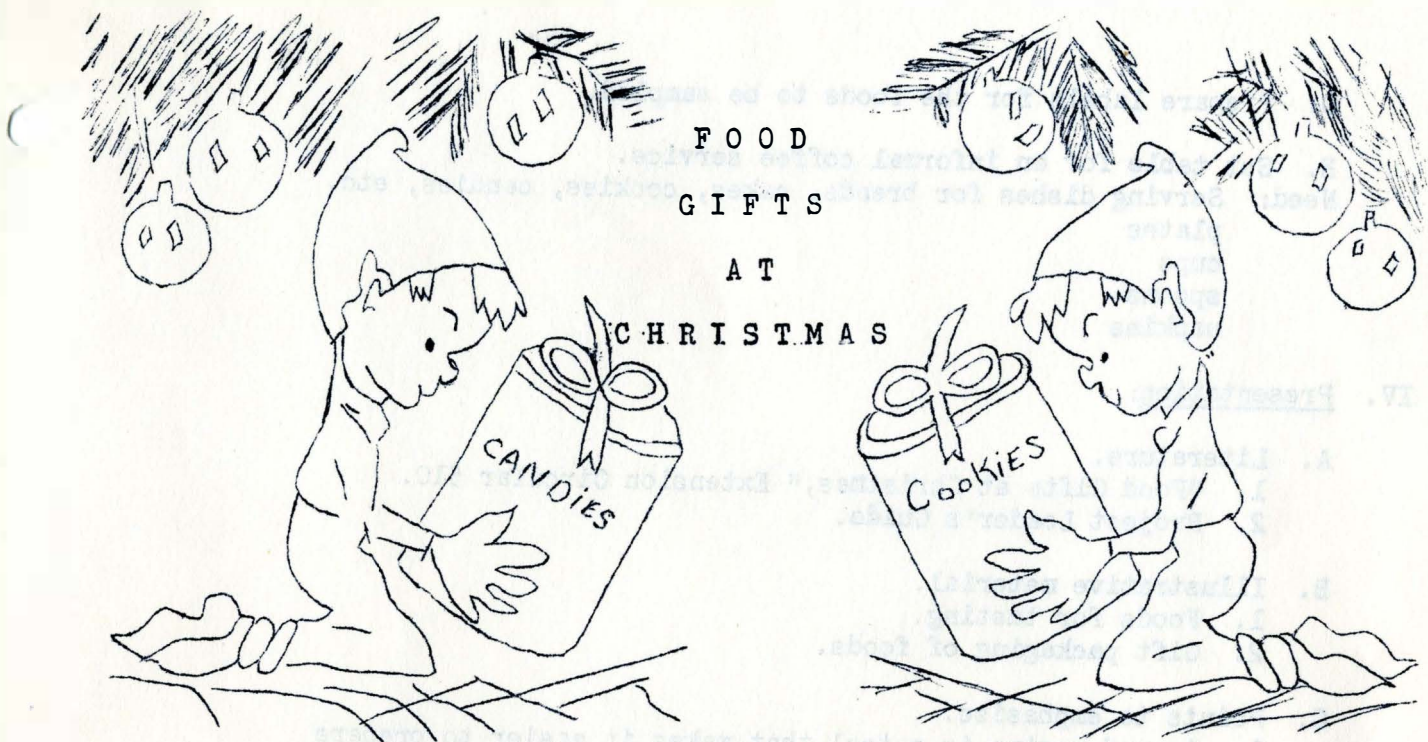
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Project Leader's Guide
(To be used with South Dakota Extension Circular 510)

I. Aim:

- A. To contribute to the Christmas spirit by sharing ideas for Christmas giving.
- B. To stimulate interest in preparing food for personalized Christmas gifts.

II. Foreword:

This will be a truly Extension Christmas, if you extend your Christmas cheer. The cost can be largely love rather than money.

The Home Demonstration club women have given recipes to use as tools in making your Christmas gifts. Stir in a little love while making the gifts and they will mean more than anything money can buy.

III. Preparation:

- A. Arrange to have a variety of foods as presented in "Food Gifts at Christmas," Extension Circular 510.
- B. Arrange to have coffee, tea or hot punch.
- C. Arrange to have gift wrapping suggestions for foods.

D. Prepare labels for the foods to be sampled.

E. Set table for an informal coffee service.

Need: Serving dishes for breads, cakes, cookies, candies, etc.

plates

cups

spoons

napkins

IV. Presentation:

A. Literature.

1. "Food Gifts at Christmas," Extension Circular 510.
2. Project Leader's Guide.

B. Illustrative material.

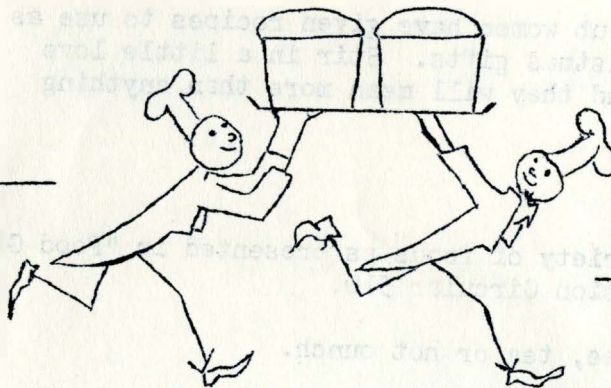
1. Foods for testing.
2. Gift packaging of foods.

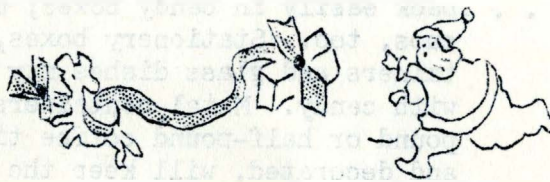
C. Points to emphasize.

1. A good recipe is a tool that makes it easier to prepare quality foods. (Source and selection of recipes in "Food Gifts at Christmas.")
2. What to expect from each of these recipes. (Standards for the foods.)
3. When a food is suitable for a gift.
 - a. A good product.
 - b. May be stored for at least a short period of time.
 - c. Will stand limited handling.
 - d. Tailor made for the recipient--"This is especially for you!"
 - e. Attractively packaged.

D. Serve food.

1. Have prepared in small servings.
2. Have all food labeled.
3. Pour coffee or punch.





SUGGESTIONS FOR FOOD GIFTS AND PACKAGING.

- BREADS.wrap in cellophane, aluminum foil or fancy waxed paper and ribbon tie. Bread may be slipped into a loaf pan, baking dish or reed basket.
- CAKESon a plate, in a baking pan or a storage container. Wrap in cellophane or aluminum foil or fancy waxed paper.
- COOKIESin a cookie jar, casserole, refrigerator or freezer container tied with ribbon--or use your imagination in painting and decorating a tin container--or arrange cookies in a paper box lined with wax paper or aluminum foil and gift wrap. For best flavor, wrap each kind of cookie separately.
- PIES.wrap in cellophane and ribbon tie--or put in a metal or plastic container decorated with gummed stars and tape.
- TARTSin muffin tins or custard cups; wrap in cellophane. Or pack tarts in a paper box cushioned with shredded wax paper and gift wrap. Be sure to indicate the contents of the box on the label.
- STEAMED PUDDINGwrap in aluminum foil or cellophane and ribbon tie. Or steam pudding in a casserole or a set of custard cups and include the container as part of the gift. The pudding may also be steamed in a wide mouth pint jar or a glass freezing jar and sealed. Tie with ribbon. Be sure to attach a recipe for the sauce.

CANDIES.pack easily in candy boxes; use the paper cups, too. Stationery boxes, plastic containers and glass dishes may be packed with candy. Metal containers such as pound or half-pound coffee tins, painted and decorated, will keep the candy in good condition.

SNACK FOODS

AND POPCORN BALLS.make a festive gift when slipped into refrigerator dishes, mixing bowls, salad bowls, popcorn bowls, child's pail set, etc. Wrap tightly in cellophane. Tie with ribbon.

SALAD DRESSINGin a glass container with a gayly painted lid. Be sure to include the recipe.

JAMS AND JELLIESin glass tumblers or miscellaneous wide mouth containers gayly decorated. Pack two or three containers in a painted strawberry box or ribbon tied basket.

PICKLES AND RELISHESin jars tied with ribbon. Or insert a 6" paper doilie under the screwband. Or slip jars into a decorated paper sack labeled "Fragile."

CANNED

MEATS,
VEGETABLES

OR

FRUITSare easily gift wrapped, if the jars are wrapped first in a strip of light-weight cardboard to make the sides straight, and

treated as a cylindrical package.

Be imaginative! Create a snowman with a pint jar of food. First wrap cotton batting around the jar. Tie at top with a string, also tie around the neck of the jar to make the waist of the snowman. Glue a small roll of cotton on top of the jar for a head. Arms can be attached by gluing a small roll of cotton at each side near the snowman's neck. Facial features (eyes, nose, mouth), buttons, mittens and necktie are cut from bits of paper and glued on to the cotton. Add a hat made from paper.

EGGSare special holiday gifts when each egg in the carton twinkles with a gummed star or two or bears a Christmas greeting written with a China marking pencil. Label the gift-wrapped carton "Fragile" and "Perishable."

BUTTER.in a carton or refrigerator container.
Gift wrap and label "Refrigerate."

CREAMin a container. Add a ribbon bow.

LARD.in an airtight container decorated with
paper cut outs.

DRESSED POULTRYin a pliofilm bag. Add a ribbon bow.
If frozen, pack in insulated containers.
Enclose "frill" for legs.

SUGGESTED RECIPE FOR A PUNCH TO SERVE AT CLUB MEETING WITH FOODS TO BE TASTED.

HOT SPICED CRANBERRY PUNCH
(12 Servings)

1 qt. cranberry juice
1 1/3 C. water
2/3 C. sugar
1 tsp. nutmeg
1 tsp. cinnamon
8 whole cloves
1/4 C. lemon juice
6 tbsp. orange juice

1. Combine cranberry juice, water and sugar.
2. Stir to dissolve sugar.
3. Heat to boiling. Tie spices in a bag. Add to hot liquid.
4. Simmer 20 minutes. Remove spice bag.
5. Just before serving, add fruit juices.
6. Serve steaming hot.

Recipe from Hettler and Thomas
Meal Management Manual
Wm. C. Brown Company
Dubuque, Iowa

